



Thinking About Quitting

When you're ready, we're here to help with ways to quit smoking or chewing tobacco, and resources to support you every step of the way. Whether you're contemplating quitting or already in the process, you can use our tools to develop your own plan, learn about harmful smoking effects, and discover how others have successfully quit tobacco.

- **4 Steps to Quitting**—These four steps will prepare you for the process of quitting, provide you with ways to quit smoking and chewing tobacco, and help guide you through important choices you make along the way.
- **Message Board**—Our message boards are open 24/7 for you to anonymously ask a question, share an opinion, or get support in your efforts to quit.
- **Tobacco Tales**—Share your own experiences of quitting tobacco by writing a personal stop smoking or stop chewing story, and benefit by reading the Tobacco Tales of others as you take on the challenge to quit.
- **Medicines To Help You Quit**—Learn more with our up-to-date information on Chantix, Zyban, the patch, and other medications available to help you stop smoking or chewing once and for all.
- **Live Chat**—Chat online with a live tobacco cessation coach. You can privately ask questions and get advice about quitting in real-time!
- **Locate Support**—Find stop smoking programs near you to help you quit and stay quit; you don't have to quit alone. Remember, these programs work for chewing tobacco too!
- **Games**—Forget about a smoke break, how about a game break? Try our original free games the next time you get that urge to smoke.
 - Make an Avatar
 - Texas Hold'em Poker
 - Forgotten Treasures
 - Word Challenge
 - Kiss Me, You Fool!
- **Quizzes**—Our quizzes will help you learn about your relationship with tobacco, as well as how quitting now will benefit your health immediately.
 - Self-Assessment Quiz
 - Smoking and Chewing Tobacco
 - Health Effects of Tobacco Use